



Orienteering – Risk Assessment

The risk assessment ratings for each identified hazard, the score for the likelihood of its happening is multiplied by the score of the severity of the injury.

(For example, likelihood 2 multiplied by Severity 5 = 10 medium).

The Risk assessment is to identify hazards, value the risk and the potential harm and whom to. Have an action plan to prevent the risk and a final risk value.

Hazard	Who	Existing Risk Value	Action to prevent	New Risk Value
Slips, Trips & Falls	Participants Leaders Spectators	5*5=25 High	Be made aware of any steps or objects on the ground. Shoe laces to be tied up. Appropriate Footwear to be worn. Clear Briefing/Instructions, full understanding. Recommend no running. No climbing fences. No climbing Trees. Paper cuts, avoid throwing pieces of paper or passing in a way that may cause injury.	2*5=10 Med
Entanglement	Participants	5*5=25 High	Ensure all Long hair is tied up/back as appropriate. Clear Briefing/Instructions, full understanding. Recommend no running. Be made aware of GPS/compass cord.	2*5=10 Med
Falling objects	Participants Leaders Spectators	5*5=25 High	Clear Briefing/Instructions, full understanding. Site Arborists report on trees obtained. Buildings Checked periodically.	1*5=5 Low
Behavioural Problems	Participants Leaders Spectators	5*5=25 High	Clear Briefing/Instructions, full understanding. Site behavioural Policy. Recommended low numbers of participants for control. (decision is down to the leader's ability) Instructions to include a 'no tampering' brief to stop interference with other groups	2*5=10 Med
Wildlife	Participants Leaders Spectators	5*5=25 High	Allergies (controlled by group leader) Pest control where appropriate.	1*5=5 Low
Weather	Participants Leaders Spectators	5*5=25 High	Activity recommended not to be used in lightning weather. Activity recommended not to be used in strong winds. (decision is down to the leader's discretion) Recommend no running. Clear Briefing/Instructions, full understanding. Appropriate lighting when required.	1*5=5 Low
Environment	Participants Leaders Instructors	5*5=25 High	Site cleared as appropriate the hazards or made visible to be avoided.	1*5=5 Low
Covid-19 Instructor Contact (Positive)	Participants Leaders Instructors	5*5=25 High	1m distance if instructed Where not possible, face masks to be worn	5*2=10 Med
Covid-19			Removed	

General Contact/Arrival				
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This risk assessment is written in accordance with the operating process and procedures.

Written by: Stuart Whythe

Reviewed by: Stuart Whythe

Position: Deputy Centre Manager

Date: 01/2023

Qualification: Health and safety Level 2

Written risk assessments CPD

Likelihood of Occurrence	Severity of Harm
0 = Never	0 = No Harm
1 = Unlikely	1 = Bumps & Bruises
2 = Possible	2 = Small Cuts & Lacerations
3 = A chance	3 = Broken/Fracture of Bones
4 = Likely	4 = Loss of limb
5 = Certain	5 = Fatality

		Severity				
		*	1	2	3	4
Likelihood	1	1	2	3	4	5
	2	2	4	6	8	10
	3	3	6	9	12	15
	4	4	8	12	16	20
	5	5	10	15	20	25

Levels of Acceptance	
1-6 Low	= Acceptable
7-10 Medium	= Monitor
11-12 medium	= Re-evaluate
13-25 High	= Not acceptable